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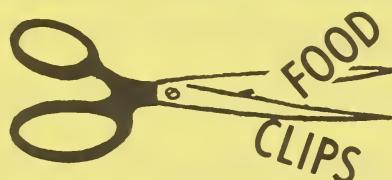
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

November 12, 1973



Cooking vegetables? To insure the best flavor, color, texture, and food value in vegetables, cook them only until they are tender, according to U.S. Department of Agriculture home economists.

\* \* \*

Remember -- the amount of water used in cooking (anything) is important. The less water, the more nutrients retained in cooked vegetables. But, don't use a high temperature! It can boil away fast.

\* \* \*

If you are cooking root vegetables (that require longer cooking), you should use enough water to cover them, according to USDA.

\* \* \*

On winter squash -- bake acorn squash for 30 minutes, uncovered, but bake Hubbard squash about 45 minutes, also uncovered. Then continue baking until squash is tender -- 20 to 30 minutes. (The oven should be pre-heated to 400° F.).

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## WANT TO BUY A GOAT?

Did you know that a dairy goat or two can supply your family with good, wholesome, naturally homogenized milk for much less money than it takes to keep a cow? It may, or may not be the practical thing to do, but you may want to consider the idea. Goats cost less to start with—a doe might cost from \$35 to \$50.

Goats need less space, pasture, and feed than cows. And a good doe (female goat) produces two quarts of milk or more a day for about 10 months of the year. A top milker could yield 3 to 5 quarts a day for the same length of time.

Keep in mind, however, that a goat needs about half an acre of pasture during a grazing season of 5 or 6 months. Goats thrive on any good mixed pasture, but do not like clover by itself. What do they eat? Many kinds of feed--beets, turnips, cabbages and carrots. They also need iodized or block salt at all times. You need to supply plenty of clean, fresh water. No special kind of housing is needed--a barn or shed that is dry and free from drafts will do. If you really are interested, check with your county agent or state university. The Agricultural Research Service, at the U.S. Department of Agriculture, has the figures on costs of having a dairy goat for home milk production.

## THE FAT LIMIT

### ---on "Beef Sausage"

Why didn't the U.S. Department of Agriculture allow manufacturers of "beef sausages" to raise the maximum fat content of their products? Recent petitions from manufacturers asked for a change from the 30 percent limitation to 50 percent ---half of the beef sausage would be permitted to be fat.

USDA's Animal and Plant Health Inspection Service announced back in 1970 (Oct. 3) that the standard for beef sausages included a maximum fat limitation of 30 percent. Manufacturers felt that the 30 percent fat unfavorably affected the taste and texture of the product, and therefore adversely affected its appeal to consumers. Their claim was that beef sausage should have the same fat limits as other comparable breakfast meat items such as pork sausage.

A thorough study of products labeled "beef sausage" revealed the fact that there is no record of consistency in the fat content associated with Federally Inspected products labeled "beef sausage." A standard permitting more than 30 percent fat would permit the term "beef sausage" to be used in the labeling of excessively fat ground beef products that should be identified as "imitation hamburger."

The term "breakfast sausage" is familiar to consumers through longtime usage with ground meat products prepared as sausage and which contain significant proportions of fat. It could also be used to identify a "fresh" uncured sausage made from ground beef that contains more than 30 percent fat. A notice on this was published in the Federal Register. Any person wishing to submit written comments on the decision not to raise the fat standards may write to the Hearing Clerk, U.S. Department of Agriculture, Washington, D.C. 20250 by Dec. 21, 1973.

## PUBLICATIONS AVAILABLE FROM G.P.O.\*

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Have you ever written to the Government Printing Office, Washington, D.C., for publications? Twenty to forty thousand orders a day arrive -- that's why it takes a long time to fill the orders! But -- you can get those publications faster if you write, or visit (when possible) the field store nearest your home. If you can visit the field store, you may find browsing through the publications on display a very useful experience.

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#### NO FREE PUBLICATIONS, BUT . . .

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Forty-seven of them are subject price lists. These tell what Government publications are available in various subject areas and just what they cost. Price List (PL) 44, for example, is for plant buffs. PL 36 is a listing of Government periodicals you can subscribe to. If you like to paper your walls with posters, PL 81 will tell you what the Government has available. If you're after consumer information, PL 86 is what you want. You can check off the price lists you'd like to see in the **How To** folder and use it as an order blank.

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\* Current list of GPO Bookstores on Page 4.

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